

VITAL SIGNS

VOL VI No. 2

Naval Regional Medical Center, Orlando, Florida

1 January 1983

Moving up - NOT out!

Study + experience + knowhow = new E-4's and 5's



Left to right - front row: Captain Fout, HM2 P. Nerio, HM2 T. Van Pelt, HM2 A. Savage, and HM2 M. Hodgson. Back row: HM2 R. Pumphrey, HM2 S. Smith, HM2 R. Parvatikar, HM2 G. Stovall and HM2 R. Gosselin



Left to right - front row: Captain Fout, HM2 E. Paige, HM2 V. Palomo, HM2 L. Matthews, HM2 F. Bolanos, and HM2 A. Diaz. Back row: HM2 E. Ronan, HM2 R. Brown, and HM2 A. Scoggins.



Left to right - front row: Captain Fout, HM3 T. Fairchild, HM3 R. Posey, HM3 W. Wilber, HM3 J. Bellamy, HM3 K. Walton, and HM3 K. Van Pelt. Back row: HM3 G. Stewart, HM3 W. Taylor, HM3 A. Fields, and HM3 G. Zeller.



Left to right - front row: Captain Fout, HM3 K. Cline, HM3 R. Abbott, HM3 R. Donnelly, and HM3 M. Helms. Back row: HM3 D. Hoy, HM3 M. Bingham, HM3 W. Stark, and HM3 J. Kautz.



Left to right - front row: DT3 A. Thompson, HM3 D. Wallace, HM3 J. Wood, HM3 J. Willis, and HM3 D. Thompson. Back row: HM3 A. Early, HM3 R. Parkinson, HM3 C. Robinson, and HM3 C. Abrams.



Our Career Counselor reenlists**At sea . . .**

On 8 December, HM1 Patricia M. Johnson, USN, was reenlisted on board the USS SIMON LAKE (AS-33) and her husband, ENS Thad Johnson, USN, administered the oath.



The ship's binnacle served as support for the signing of the Reenlistment Contract.

Whoooizzit?

Do you know this staff member? The answer is on Page 8.

American Red Cross

**Volunteer hours
for November –
1,837**

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



What would you like to see in '83?



HMC R. A. Griswold, Pharmacy:
"Less labor problems, a better economy, nobody at Captain's Mast, and Congress do something on time!"



Shirley Stanton, Family Practice Clinic: "I'd like to see a skinny me!"



A. J. Tabacco, MD, Radiology Service: "I would like to see politics forgotten in the Congress and more meaningful cooperation with the Executive Branch of government so that our country's general economy and standing in the world would be improved."



HM3 K. Van Pelt, Patient Affairs: "I'd like a million dollars to fall from the sky and land in my lap tax free!"



CDR W. S. Bate, DC, Dental Service: "I would like to see people everywhere have a happier year than they had in '82 and a genuine peace on earth."



LCDR J. E. Weaver, MC, Ophthalmology: "In '83, I would like to see less world tension, better domestic economic stability and a vacation in Hawaii."

Staff Journal

Navy Achievement



The most surprised person at the MSC meeting on 1 December, was LCDR Coy B. Lane, MSC, Pharmacy Service. Captain Fout presented him with the Navy Achievement Medal for the superior performance of his duties. "... LCDR Lane displayed superb clinical and administrative competence through research in performing prospective and retrospective audits in Antibiotic Utilization..."

In Appreciation . . .



On 29 November, Captain Fout presented LT Debra L. Janikowski, NC, USN, a Letter of Appreciation as she departed Orlando for her new duty station, Naval Regional Medical Clinic, Quantico, VA.

Reenlistments



On 1 December, HM3 Thomas Van Pelt, Human Resource Management Service, was reenlisted under the Guard III program by Captain Fout. Petty Officer Van Pelt will transfer in May to the 2nd Marine Air Wing, Cherry Point, NC.



On 15 December, RP2 Alethia L. M. Wright, USN, was reenlisted by Lieutenant James L. Doss, CHC, USNR. Petty Officer Wright reenlisted under the Guard III Program and will be receiving orders to Naval Activities, London, England. RP2 Wright reenlisted for 4 years.

Holiday Decoration Winners

The competition in the Holiday Decoration Contest was intense. The effort and originality in conveying the message of the season, made selection extremely difficult. After much deliberation, the winners of this year's Holiday Decoration Contest are:

PEDIATRIC WARD
PEDIATRIC CLINIC

Runners Up and worthy of note are: the Family Practice Clinic at NTC Annex; OB Ward, Internal Medicine Clinic; ICU; Acute Care Clinic; Radiology; and Patient Affairs.

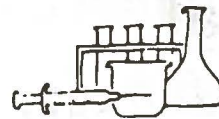
Ward winner - Clinic winner



Accepting the winner's plaque for the Pediatric Ward from Captain Fout is HN Teresa Fairchild and HA Michael Brake. That's ET in the middle!



Accepting the winner's plaque on behalf of the Pediatric Clinic from Captain Fout is CDR Joseph F. Navoy, MC, USN, Chief of the Pediatric Service.



LAB

LINE

CAPT P. E. Petit, MC, USN

Hot off the press!

Did your work area receive a Christmas present from the Lab? The new Laboratory Operating Procedures and Policies Manual (1983 Edition) has been printed and distributed. If your work area didn't receive a copy and you are involved in ordering laboratory testing, let us know. The manual is a total revision from the last Edition and is the result of monumental efforts on the part of all the lab supervisors in the different technical specialities. We have attempted to provide complete information on everything required to order any type of test, examination, or study performed in the Lab. The manual lists over 950 tests and cross references and will serve as a submission manual and users guide. It should significantly reduce the number of telephone inquiries as well as reducing the submission errors. Users of this manual must understand that many of the tests listed are extremely esoteric, performed by perhaps only one research lab in the country, and are extremely expensive. For these, as with all lab tests, there should exist a very good indication for the test before it is ordered. The pathologists in the Lab will be happy to discuss the indications for any test and assist in proper test selection. As for listing normal values, we had hoped to be able to provide a specific normal value for every test. This is not possible, however, because reference testing may be performed in one of several different laboratories, each using a different procedure with a different normal value.

We are delighted with the way the manual turned out and appreciate the patience of everyone in waiting for us to get it done. Use it in good health during the new year and let us reaffirm our commitment to you to do our very best to offer the finest possible laboratory services.



CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

It was gray ... and underway!

I recently had an opportunity to get underway and spend three days at sea with the Captain and crew of the USS SIMON LAKE (AS-33). After all, the possibility of assignment to sea duty is a reality for most of us.

My short tour hardly qualifies me as a "salty sailor" but it was an experience that I won't soon forget!

From morning sick call

To the "Man Overboard" drills.

From the heat stress tests

To the heated games of "spades."

From a diet of soda crackers and drama-mine

To hamburgers in the fast food line.

From the Chaplain's morning prayer

To the thunder of the 3"/50 Cal. guns being fired.

From Morning Quarters

To General Quarters.

From Navy showers

To field day.

All I can say ismy hat's off to sea going sailors everywhere!



As a memento of my cruise, Captain J. H. Williams, Jr., USN, Commanding Officer of the USS SIMON LAKE, presented me with a ship's plaque.



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

God knows your limits, do you?

A young man was once taken on a tour of the design department of a large aircraft manufacturer. He was amazed as he was led through room after room of state-of-the-art computers and other pieces of highly sophisticated equipment. He was finally taken to a room whose window looked out into a vast hangar. Suspended within the hangar was a beautiful, futuristic-looking airplane, glistening in the reflection of what seemed to be a thousand lights. The official conducting the tour told the young man to watch the plane. Suddenly, the giant turbines at the end of the hangar began to turn and the wind tunnel roared to life. In moments, the plane's fuselage began to twist and bend as though it were made of paper; the wings virtually flapped. The wind in the tunnel was gradually increased. All the while, the computers were madly whirling, recording every bit of data concerning the test. At last, the turbines were turned off and the test was over. The technicians now had the data necessary to detect any weak spots in the new design.

As I read of this man's experiences with the wind tunnel, I had an image of God working with his people. He continually allows us to be tested, knowing Himself where the weak spots are, but allowing the pressure to build to where we can see them for ourselves and realize our dependence upon Him to keep us from blowing apart. Only then can we strengthen those weak spots with His help.

God knows your limits, do you?

Happy New Year



Master Shipwreck

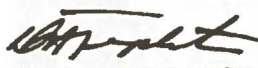
HMCM(SS) R. C. Clements, USN

In retrospect and in propection

As guest writer for "Master Shipwreck," I appreciate the opportunity to reflect, with you, on the past and to focus, with you, on the future. It's hard to imagine that another year has gone by so fast. The accomplishments and achievements were many: Accreditation for our Dental Service; Petty Officer Indoctrination Classes; promotions, Soldier of the Month; Disaster Drills; hails and farewells; opening of the ARS; DEERS program; wedding and baptism "firsts" in our chapel; our Doctors serving on board ships; ashore in Alaska, Cuba, Puerto Rico; an MSC staff member in Ecuador, MMART; Lab Techs TAD; Unit Dose; IG; war on drugs; word processing; AMSUS; Quality Assurance; inspections; awards; Doctors - Nurses - Corpsmen - civilians receiving recognition; Junior Nurse of the Year; Clinical Assistants; Equal Opportunity, teamwork, etc., etc.

Fortunately, we don't operate in a static environment. The challenges and goals for all of us lie in our commitment to the future and the personal obligation that each of us share as members of a team: to advance, to excel, to contribute, to care. The impact, positive or negative, that we provide to our team will be a lasting impression recorded in the past and posted toward the future.

I am grateful for the opportunity to have served with you -- I look forward to serving with you again.


D. A. TEMPLETON
HMCM, USN

Editor's note: Master Chief Templeton will transfer 4 January 1983 to the Naval Regional Medical Clinic, Key West, FL.

Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Dana E. McGowan, USN, Leading Chief of the Pharmacy Service, is the Enlisted Advisor for 12 junior enlisted personnel. Chief McGowan has been at NRMC since August 1981, and has a total of 11½ years in the Navy. Chief McGowan is married and he and his wife, Catherine, have two children: Melanie, age 7, and Sean, age 4. Homestate is Maine! Burrrrrrrrrrr!

The following personnel are assigned to Chief McGowan: HN John Kadel, HM3 William Klaus, HM3 Ralph Knapp, HN Courtney Abrams, HM2 Virginia Mehlert, HN Robert Parkinson, HN Diane Thompson, HN Kathy Walton, HM2 Veronica Wehmer, HM3 Barry Phillips, HM3 Aaron Scoggins, and HA John Morrow.



CRA

NOTES



By Joyce Lockwood

CRA BIRTHDAY GREETINGS TO: Nira Bailey, Victoria McDougall, and Betty White on 1 Jan; Joseph Tabora on 2 Jan; Peggy Billups and Larry Glenn on 5 Jan; Emogene Heismann on 6 Jan; Jean Long on 7 Jan; Janet Cuccia, Nancy Lawson, and Juliana Wilson on 8 Jan; Virginia Harrison on 11 Jan; Chaucey Jackson on 12 Jan; Freddie Moore on 14 Jan; Willie McNair on 16 Jan; Shirley Robertson and William Stokes on 18 Jan; Joseph Robichaud and Joseph Ryland on 22 Jan; Betty Sheffield on 23 Jan; Elaine Billy, Dorothy Tarrant and Richard Tichy on 25 Jan; Joseph Kee, Muriel Lovejoy, Betty Mullen, and Diane Wilson on 27 Jan; and Joseph Kinzler on 31 Jan.



CAPT Fout's *Skipper - gram*

It's over . . .

Well it's over! Oh, I don't mean the Holidays... but our I.G. Everyone's question ... was it good or bad? Naturally, with a staff like ours, it was mostly good, and for each staff member's labors to that end, I thank you. However, good or bad, in that sense, is probably not terribly important

Important is really caring about the quality of your work no matter what the task.

Important is really caring about your fellow workers.

Important is really caring about each patient who enters our doors.

Important is really caring about our Navy and our country.

Important is really caring and really caring is what's good and that's important!

Jean Callahan retires



Jane D. Callahan (better known as Jean, Fiscal and Supply Service, retired 22 December after completing 28 years of service. She was an Air Force employee and

was on board when the Navy took over the hospital on 1 July 1968. Good luck, Jean!



On 14 December, the wards, passages, and clinics resounded with the beautiful Christmas music provided by Navy Band Orlando. The musicians were accompanied by Mrs. Santa Claus (on right) who is Helen Kelly, Director of Dependent Services Division, and her assistant, Ferra Cockrell. Navy Band Orlando has made their holiday hospital visits an annual affair and their music has been a highlight of the holiday season for many years. We extend our heartfelt thanks to each and every member of the Band and our best wishes for a very Happy New Year!

Whoooizzit

It's Debbie A. Anderson, Patient Affairs Service. Debbie has been an employee at NRMHC since July, 1981.



Her first position was as a Clerk-Typist with the Food Management Service. She then transferred to Patient Affairs in September, 1982. Debbie is married and her husband,

Barry, works as a Lab Assistant and is also a full time student at UCF majoring in Electrical Engineering. Debbie's home-state is Pennsylvania and she and Barry came to Florida in 1981. With a hobby of scuba diving, they came to the right place!